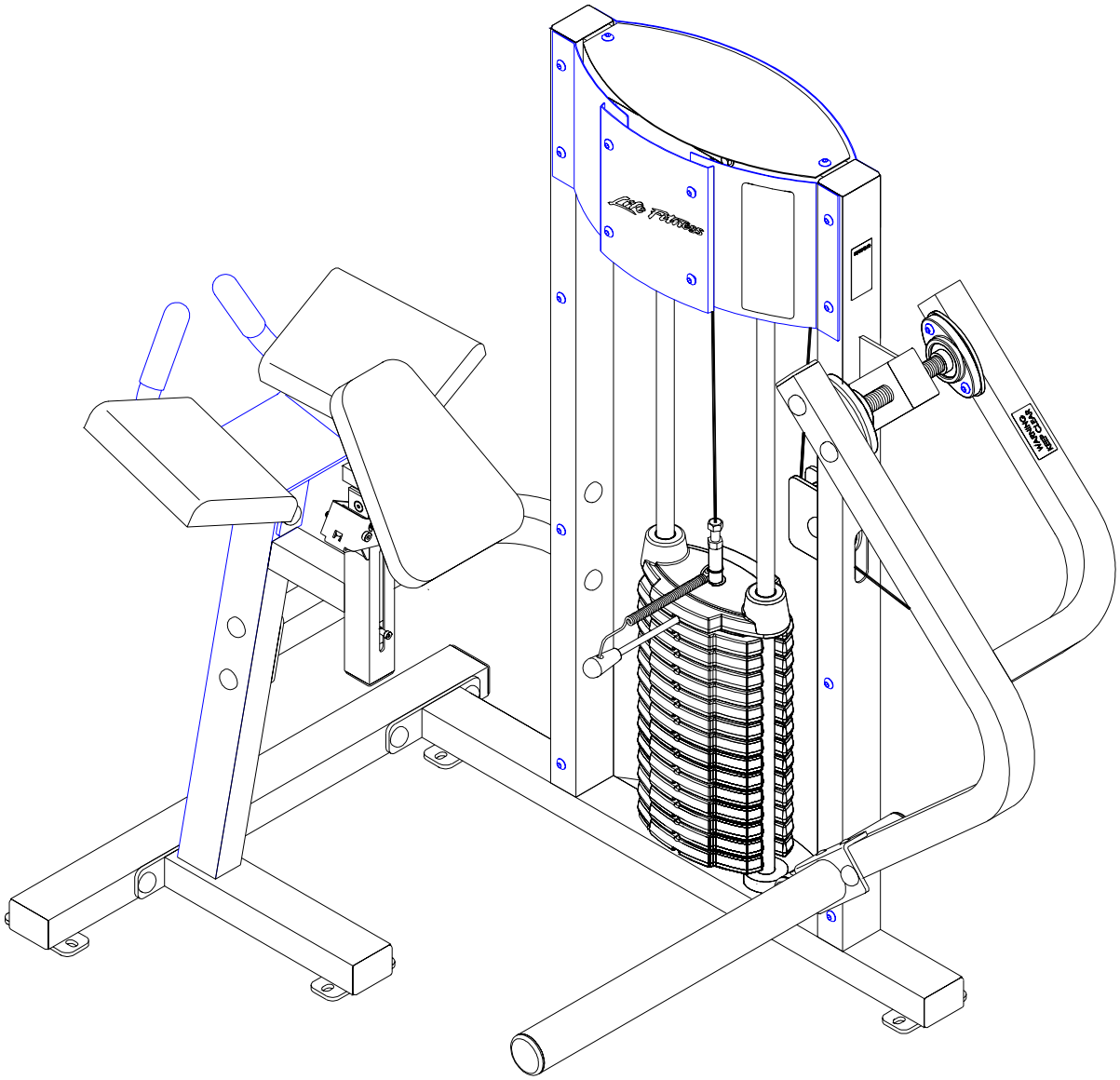
CLUB SERIES GLUTE MACHINE



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	71086xx	TOWER	1
1A	7113101	CABLE	1
1B	6793001	LABE, PRODUCT WARNING 2"	1
1C	3222801	4.5" PULLEY	3
1D	6692601	3 X 2 END CAP	3
1E	6714901	GUIDE ROD BUSHING	2
1F	3102514	3/8 FLAT WASHER	2
1G	6480301	3/8 SPACER	4
1H	6866701	3/8 RH WASHER	4
1I	3102807	3/8-16 NYLOCK NUT LOW HT	3
1J	6866601	CAP, RH-20 BLK	4
1K	3102933	3/8-16 X 2 BOLT	1
1L	3102903	3/8-16 X 2.5 BOLT	2
2	71069xx	ASSY PIVOT ARM	1
3	71096xx	ASSY HANDLE	1
3A	3103109	1.25 GRIP	2
4	71074xx	WLDMT, TOP CROSS SUPPORT	1
5	71072xx	ASSY BOTTOM CROSS SUPPORT	1
6	7107801	ASSY COATED FOOT SUPPORT	1
7	68839xx	WLDMT, GUIDE ROD SUPPORT	1
8	71093xx	SEAT FRAME	1
8A	6912202	WLDMT, HINGE BLACK	1
8B	7108202	ASSY, CHEST PAD ADJ BLK	1
8C	6897101	ADJ PLATE	1
8D	6897001	15 POS ADJ PLATE	1
8E	3234301	SCREW 5/16-18 X .5	4
8F	6692601	3 X 2 END CAP	1
9	6926901	GUIDE ROD	2
10	6925502	HEAD PLATE	1

KEY	PART #	DESCRIPTION	QTY
11	3102901	3/8 X 1-1/4" BOLT	6
12	3102933	3/8 X 2" BOLT	1
13	3102922	3/8 X 2-3/4" BOLT	10
14	3102905	3/8 X 3-3/4" BOLT	6
15	3202407	3/8 X 3-1/4" BUTTON HEAD BOLT	4
16	3102807	3/8" LOW HEIGHT LOCK NUT	23
17	3102514	3/8" SAE WASHER	34
18	6866701	3/8" RH WASHER	48
19	6912801	2" ACCORDIAN SLEEVE	2
20	3203501	PILLOW BLOCK	2
21	6913801	WEIGHT STACK SELECTOR PIN	1
22	3108001	WEIGHT STACK CUSHION	2
23	6866601	BLACK RH CAP	6
24	3222001	1" SHAFT COLLAR	2
25	6714901	GUIDE ROD BUSHING	2
26	3116001	RUBBER BUMPER	2
27	7110201	PLACARD LABEL	1
28	7110301	LANGUAGE PLACARD LABEL	1
29	6887202	10 LB. WEIGHT PLATE	15
30	6888402	15 LB. WEIGHT PLATE (OPT)	10
31	69132xx	ARM PAD	2
32	69131xx	CHEST PAD	1
33	3230701	STARLOCK WASHER	4
34	3228501	3/8" BLACK SAE WASHER	4
35	6971601	WGT STACK LABEL	1
36	3102903	3/8 X 2-1/2" BOLT	2
37	6866602	WHITE RH CAP	42
OR	6866603	PLATINUM RH CAP	42
38	6861902	TOP COVER SHROUD BLACK	1
39	6862102	FRONT SIDE COVER BLACK	2
40	6862007	FRONT SHROUD PLATINUM	1
41	6921902	FULL REAR SHROUD BLACK	1
*OPTION	6861007	ASSY FULL FRONT SHROUD PLAT	1

***For all 5 digit part numbers you need to add the color at the end. For shrouds and weldments please use the following codes:**

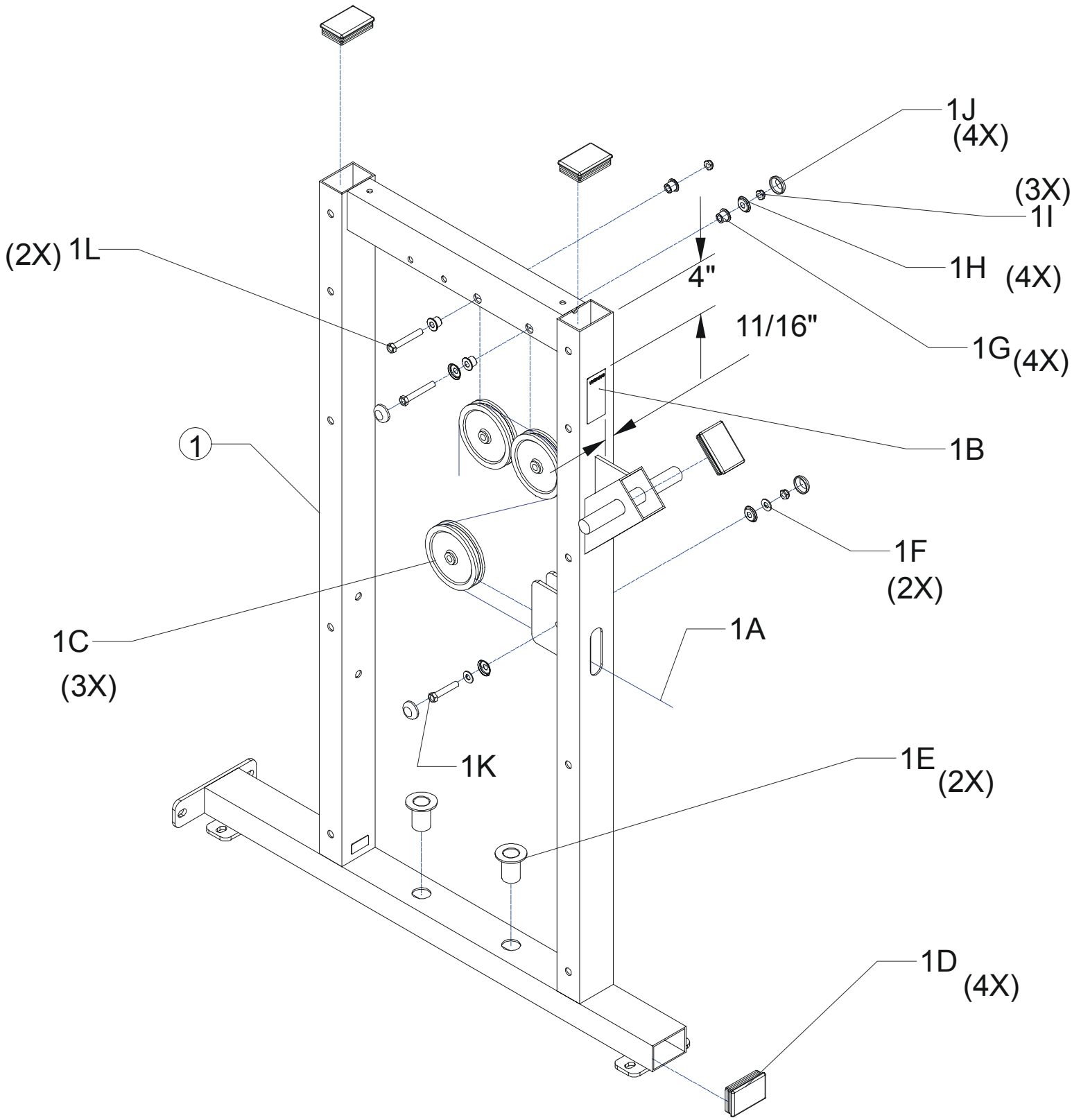
xxxxx07 Denotes Platinum

xxxxx08 Denotes White

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

Code Description
#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1J
(4X)
(3X)
1I
1H
(4X)
1G
(4X)
4"
11/16"
(2X) 1L
1
1B
1F
(2X)
1C
(3X)
1A
1K
1E
(2X)
1D
(4X)

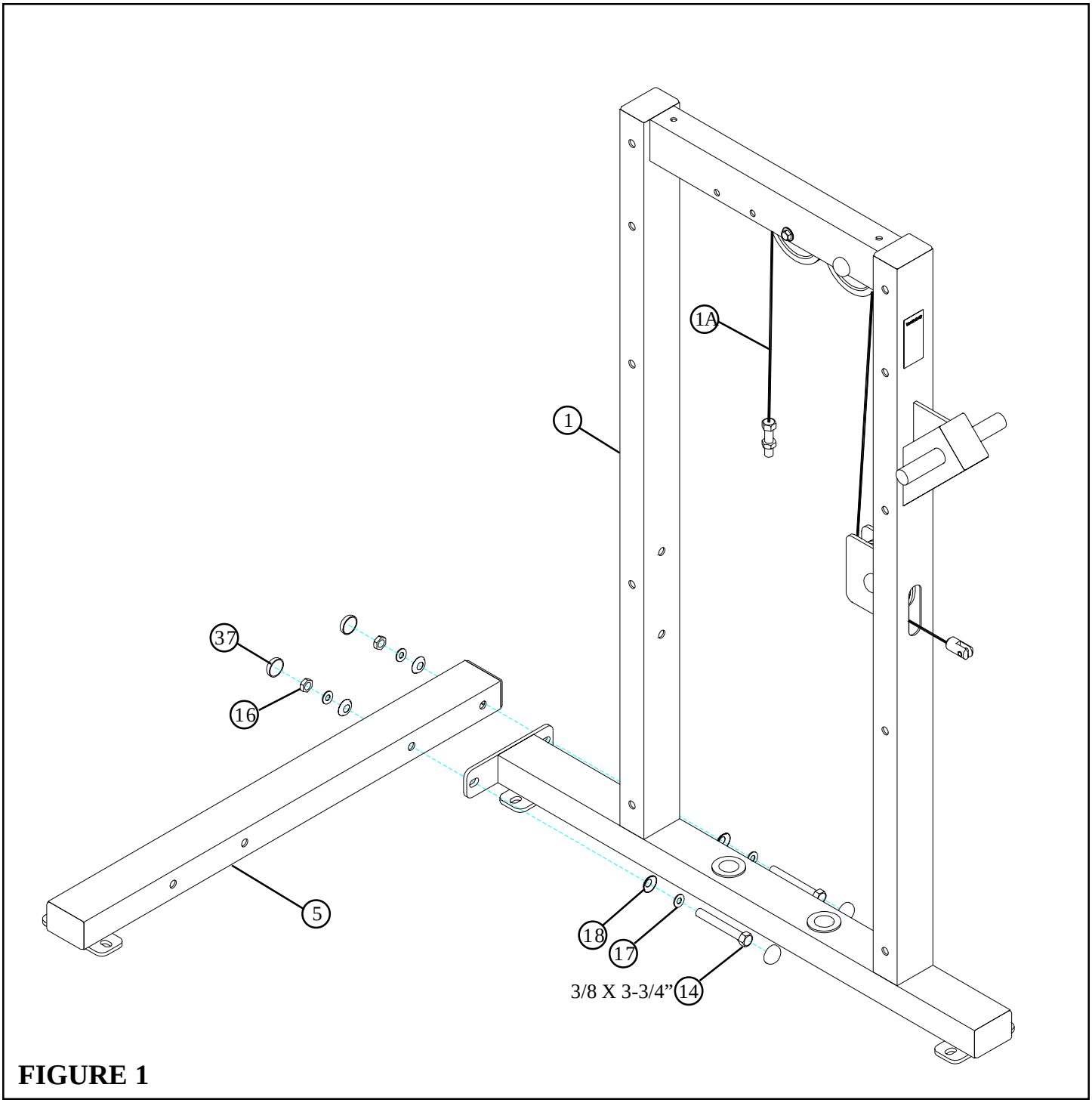


FIGURE 1

STEP 1:

- **LOOSELY** assemble the BOTTOM CROSS SUPPORT (5) to the TOWER (1) using four RH CAPS (37), two 3/8 X 3-3/4” BOLTS (14), four 3/8” SAE WASHERS (17), four 3/8” RH WASHERS (18) and two 3/8” LOW HEIGHT LOCK NUTS (16) as shown in FIGURE 1.

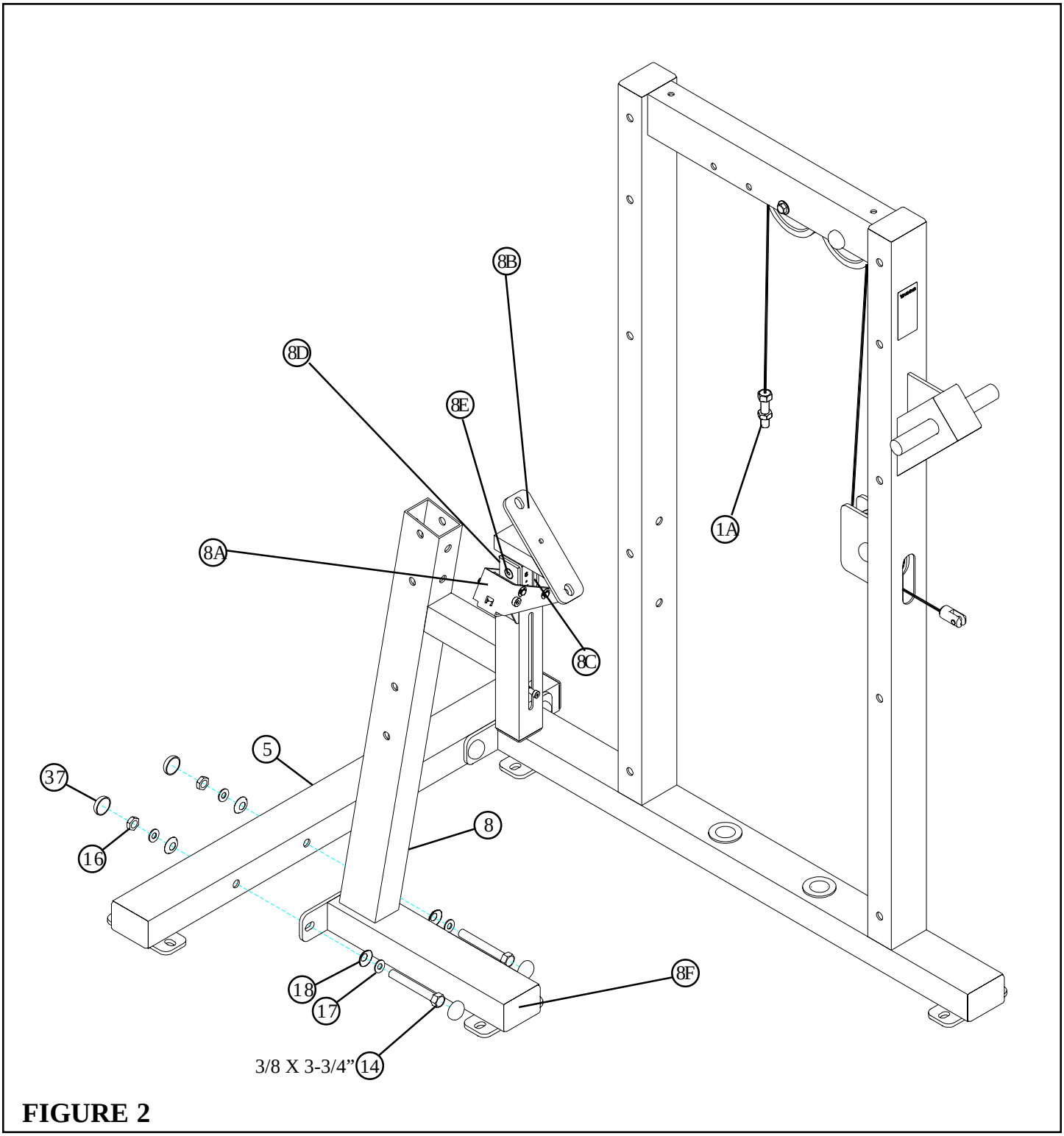


FIGURE 2

STEP 2:

- **LOOSELY** assemble the SEAT FRAME (8) to the BOTTOM CROSS SUPPORT (5) using four RH CAPS (37), two 3/8 X 3-3/4” BOLTS (14), four 3/8” SAE WASHERS (17), four 3/8” RH WASHERS (18) and two 3/8” LOW HEIGHT LOCK NUTS (16) as shown in FIGURE 2.

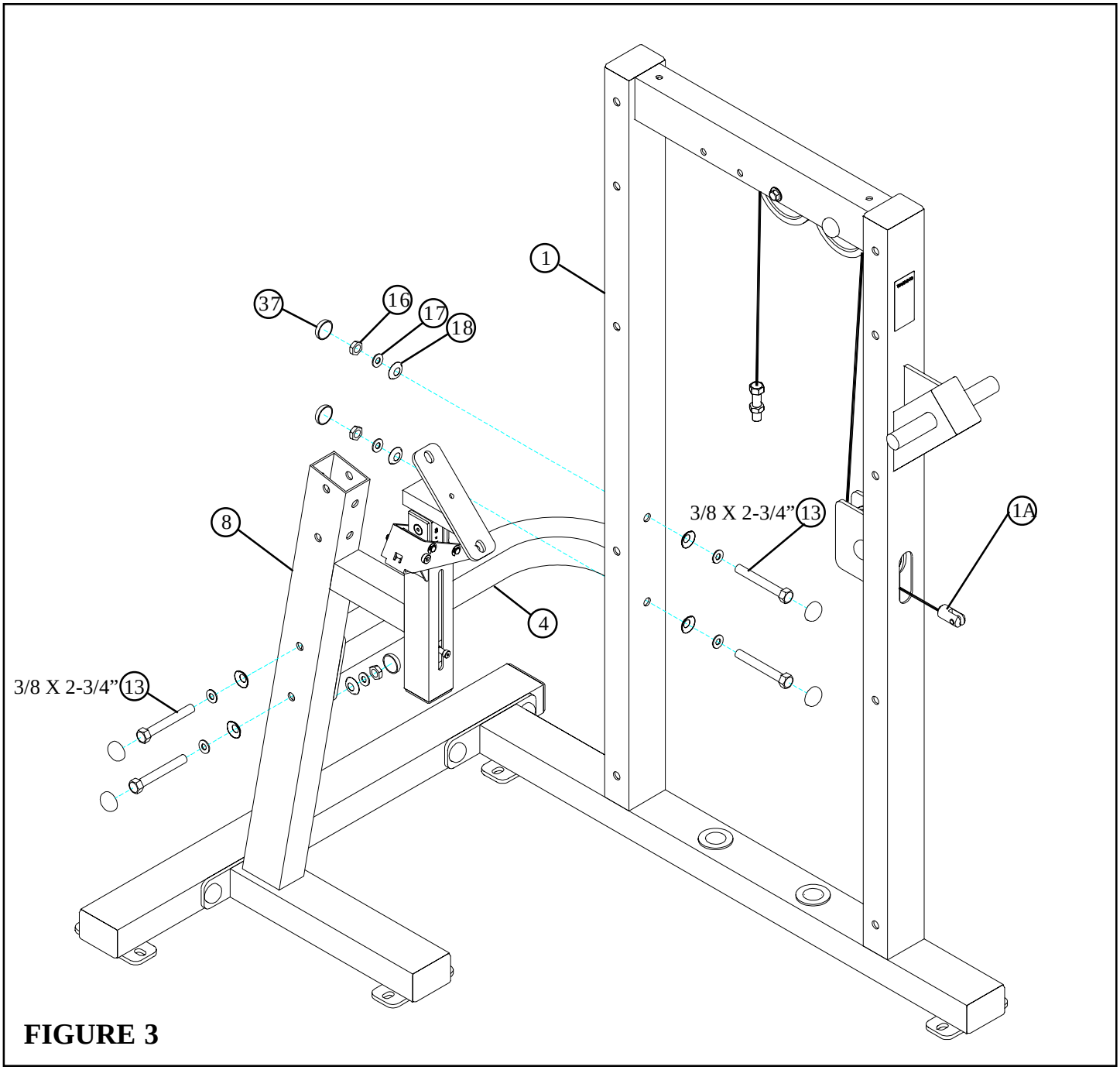
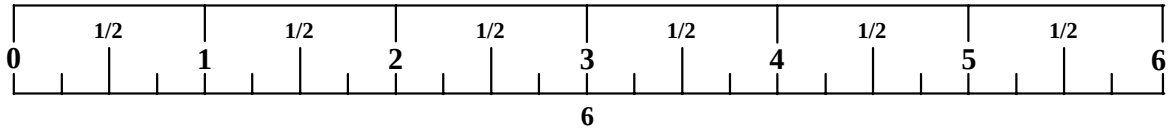


FIGURE 3

STEP 3:

- **LOOSELY** assemble the TOP CROSS SUPPORT (4) to the TOWER (1) using four RH CAPS (37), two 3/8 X 2-3/4” BOLTS (13), four 3/8” SAE WASHERS (17), four 3/8” RH WASHERS (18) and two 3/8” LOW HEIGHT LOCK NUTS (16) as shown in FIGURE 3.
- **LOOSELY** assemble the TOP CROSS SUPPORT (4) to the SEAT FRAME (8) using four RH CAPS (37), two 3/8 X 2-3/4” BOLTS (13), four 3/8” SAE WASHERS (17), four 3/8” RH WASHERS (18) and two 3/8” LOW HEIGHT LOCK NUTS (16) as shown in FIGURE 3.

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (23) over the RH WASHERS (18) on all tightened connections.**



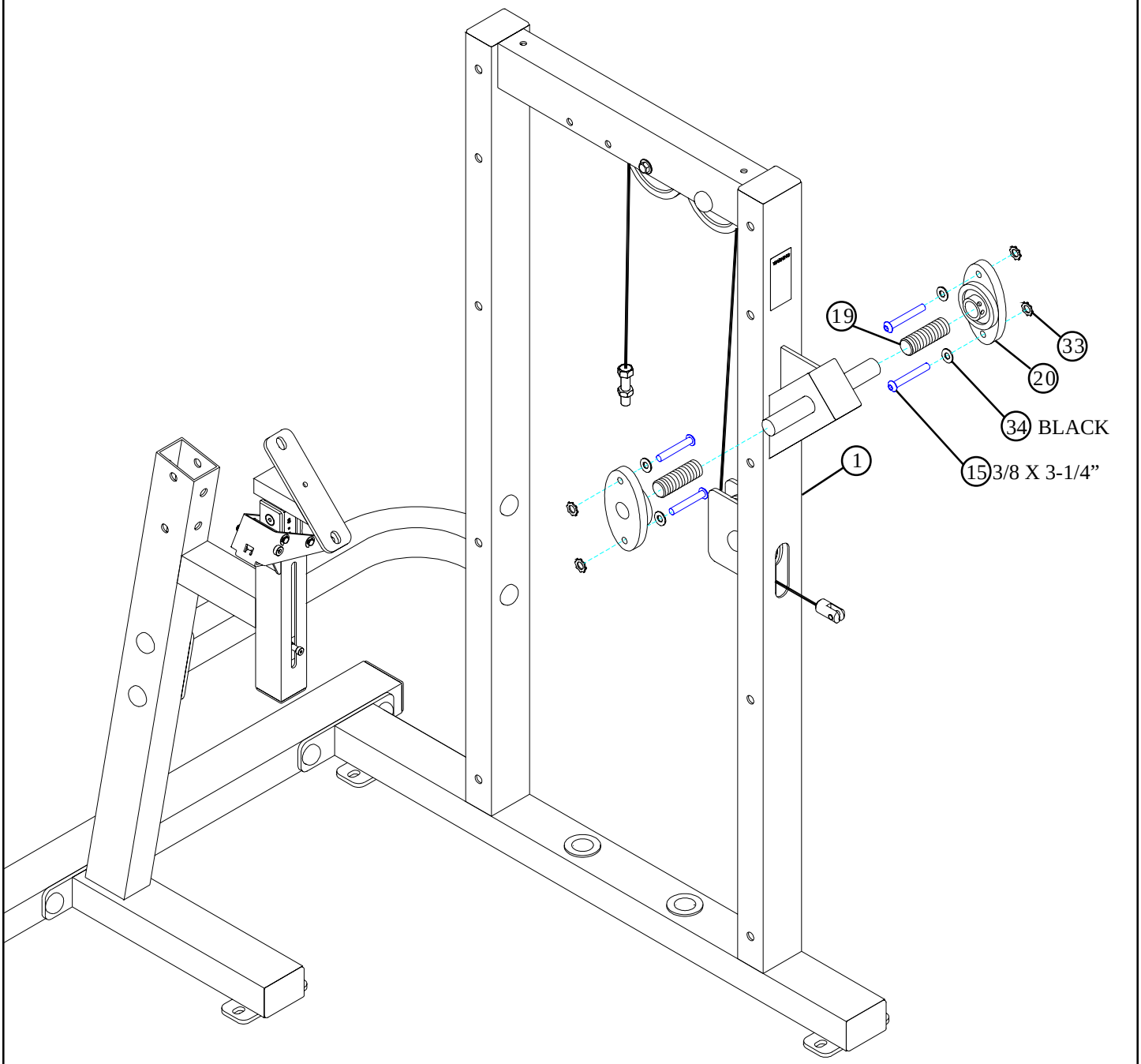


FIGURE 4

STEP 4:

- Slide two ACCORIDIAN SLEEVES (19) over the shafts on the TOWER (1) as shown in FIGURE 4.
- Slide two PILLOW BLOCKS (20) over the shaft on the TOWER (1) as shown in FIGURE 4.
- Assemble four 3/8 X 3-1/4” BUTTON HEAD CAP SCREWS (15) , four 3/8” BLACK SAE WASHERS (34) and four STAR-LOCK WASHERS (33) to the the PILLOW BLOCKS (20) as shown in FIGURE 4

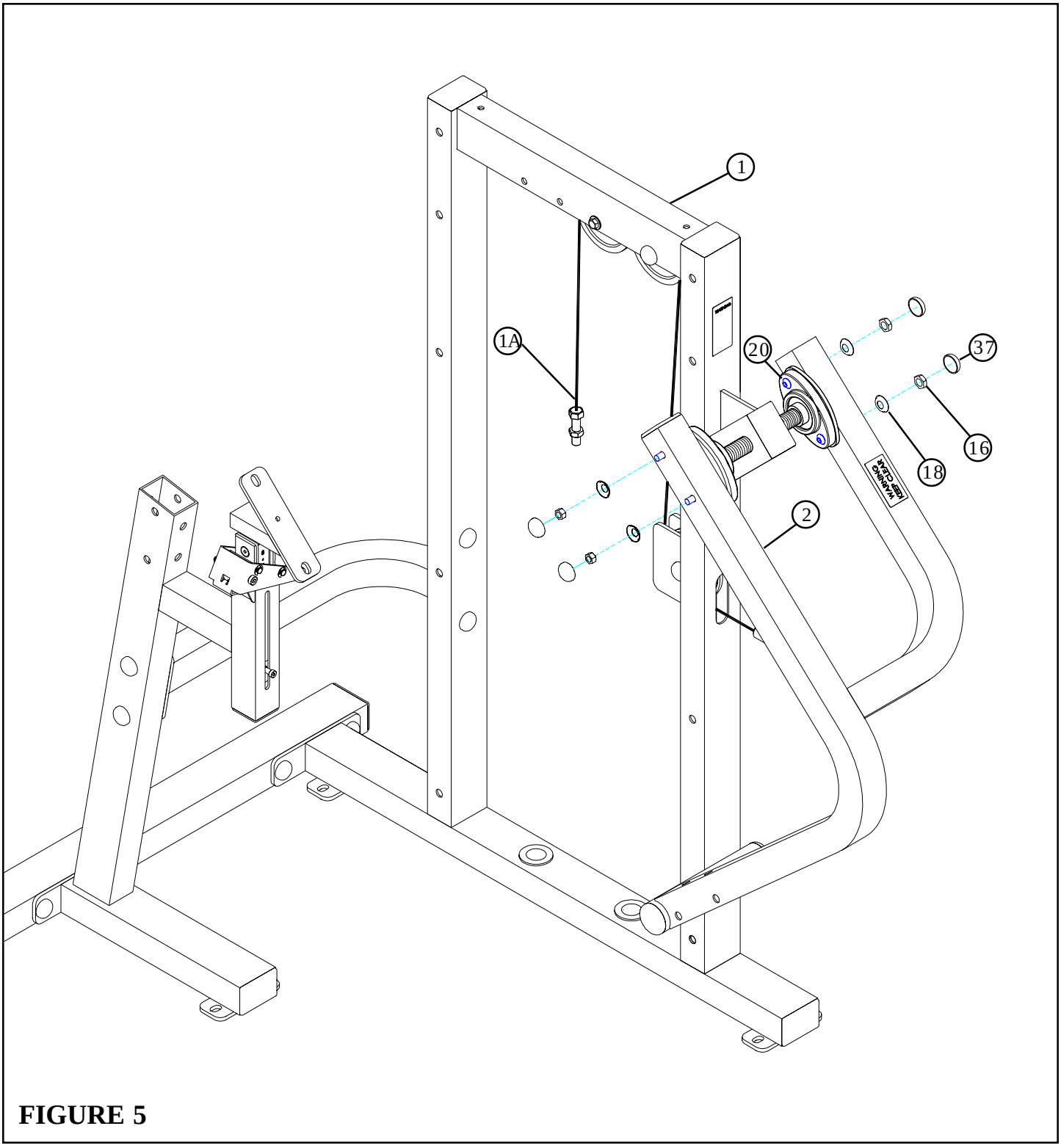
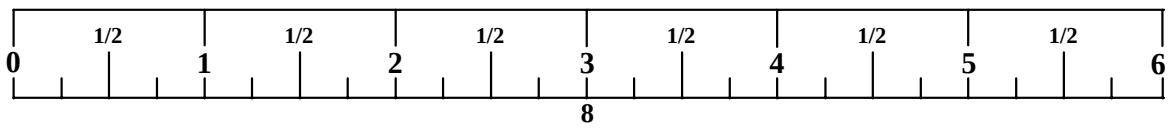


FIGURE 5

STEP 5:

- **LOOSELY** assemble the PILLOW BLOCKS (20) to the PIVOT ARM (2) using four previously inserted 3/8 X 3-1/4" BUTTON HEAD CAP SCREWS (15), four RH WASHERS (18), four 3/8" LOW HEIGHT LOCK NUTS (16) and four RH CAPS (37) as shown in FIGURE 5.



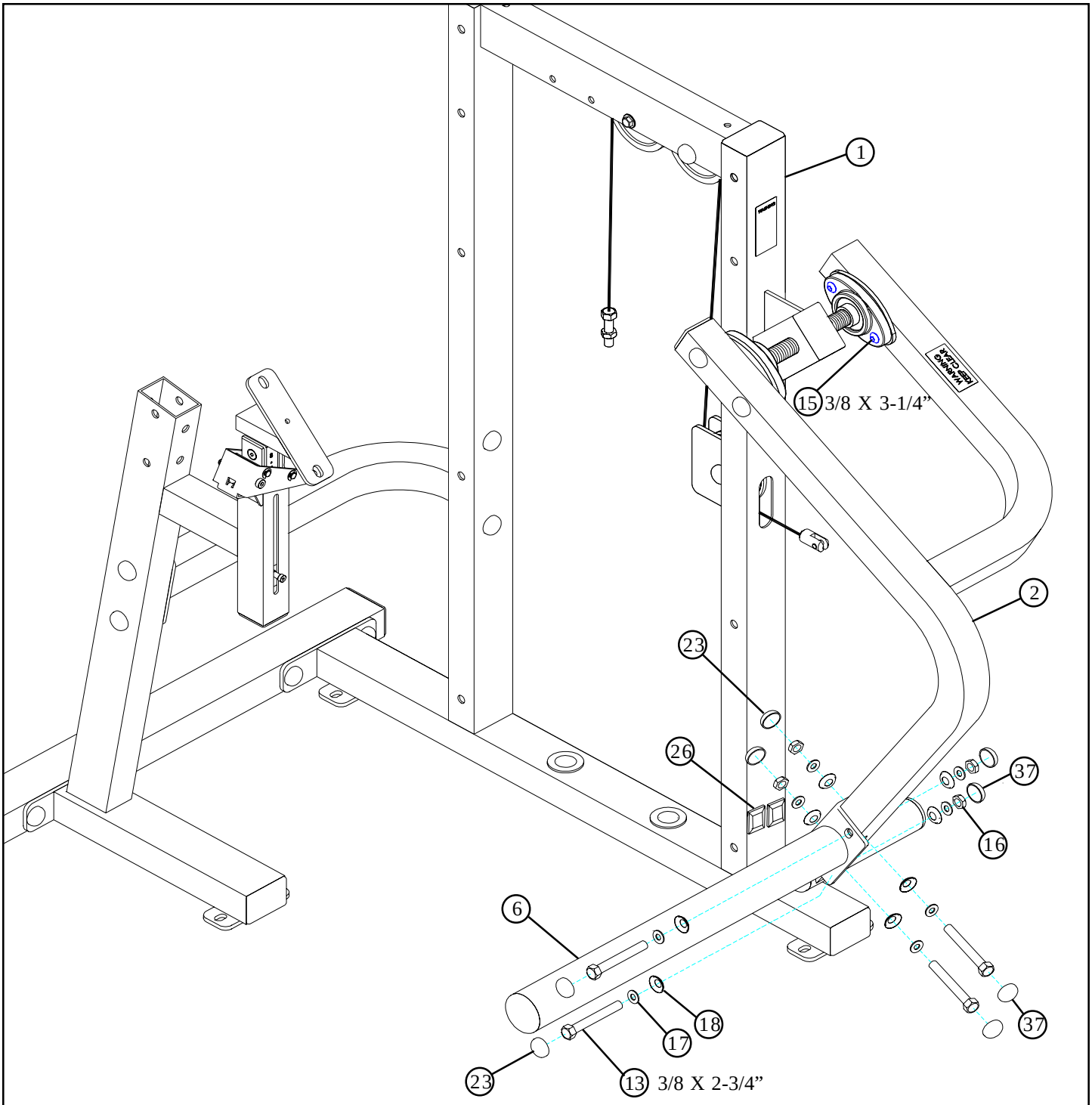


FIGURE 6

STEP 6:

- **SECURELY** assemble the FOOT SUPPORT (6) to the PIVOT ARM (2) using four 3/8 X 2-3/4” BOLTS (13), eight 3/8” SAE WASHERS (17), eight RH WASHERS (18), four 3/8” LOW HEIGHT LOCK NUTS (16), four BLACK RH CAPS (23) and four RH CAPS (37) as shown in FIGURE 6
- Assemble two RUBBER BUMPERS (26) to the TOWER (1) where the PIVOT ARM (2) contacts the TOWER (1).
- **IMPORTANT!** When FOOT SUPPORT (6) is centered and level to the floor, **SECURELY** tighten the 3/8 X 3-1/4” BUTTON HEAD BOLTS (15).

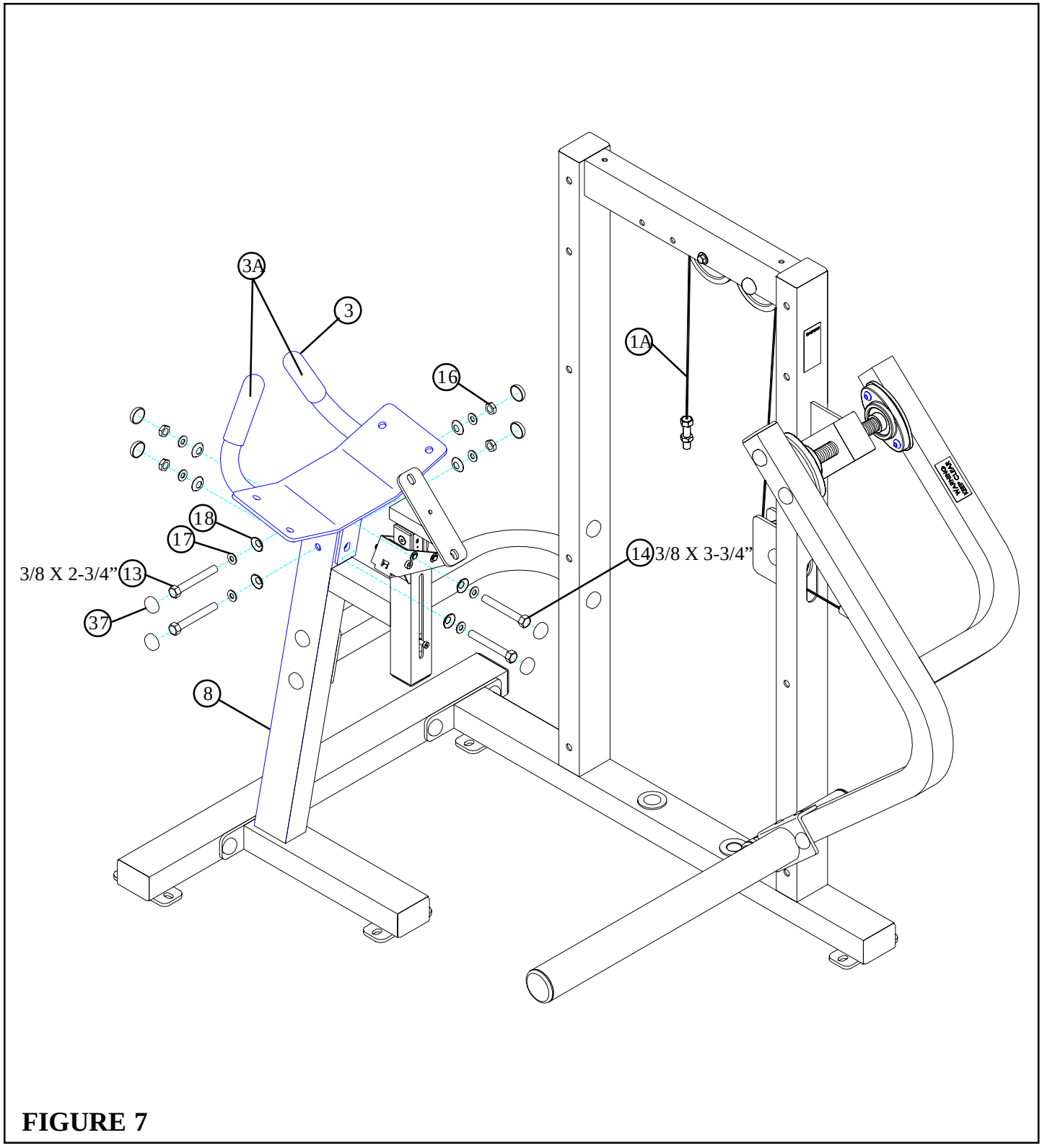


FIGURE 7

STEP 7:

- **SECURELY** assemble the HANDLE (3) to the SEAT FRAME (8) using two 3/8 X 2-3/4” BOLTS (13), two 3/8 X 3-3/4” BOLTS (14), eight 3/8” SAE WASHERS (17), eight RH WASHERS (18), four 3/8” LOW HEIGHT LOCK NUTS (16) and eight RH CAPS (37) as shown in FIGURE 7

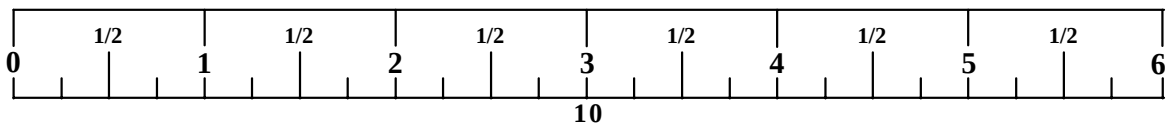
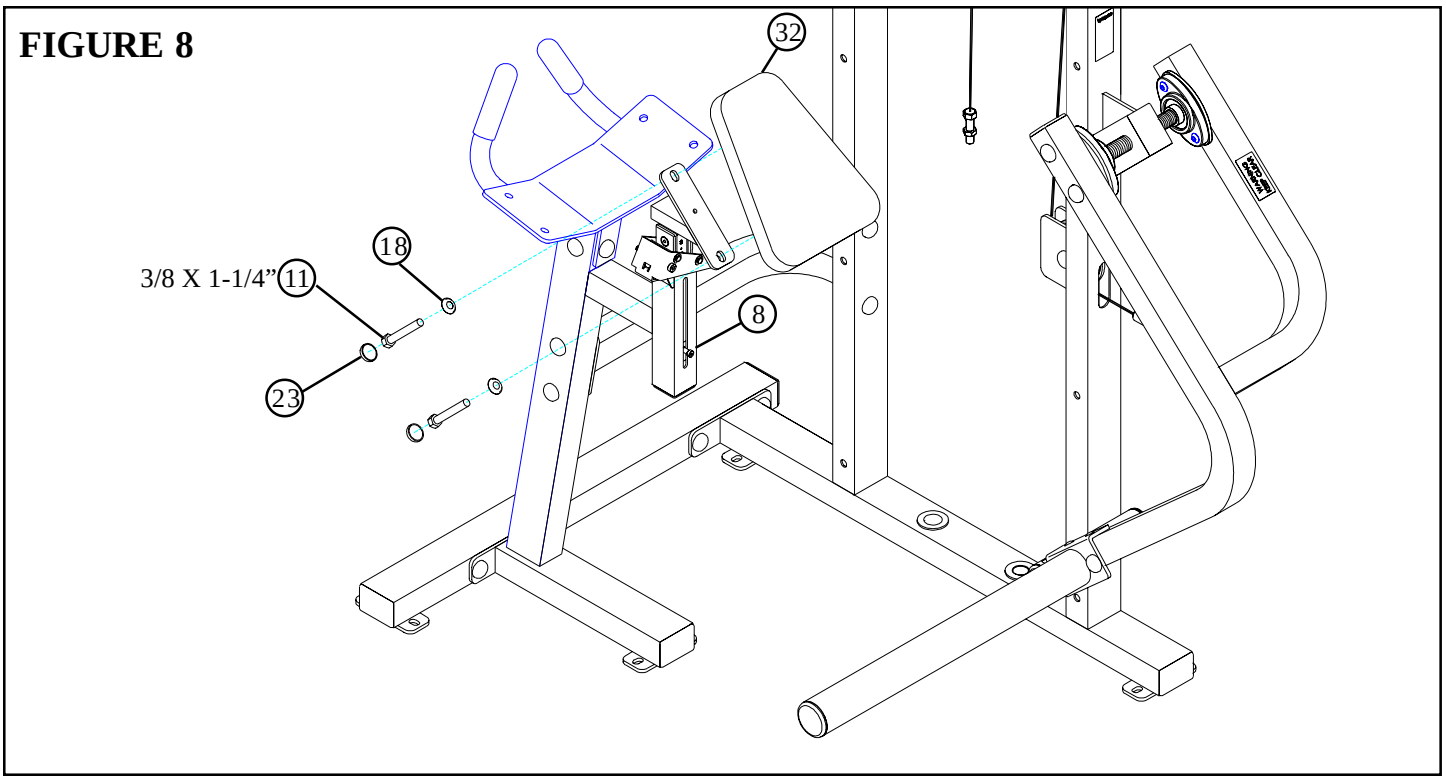


FIGURE 8



STEP 8:

- **SECURELY** assemble the CHEST PAD (32) to the SEAT FRAME (8) using two BLACK RH CAPS (23), two 3/8 X 1-1/4” BOLTS (11) and two 3/8” RH WASHERS (18) as shown in FIGURE 8.

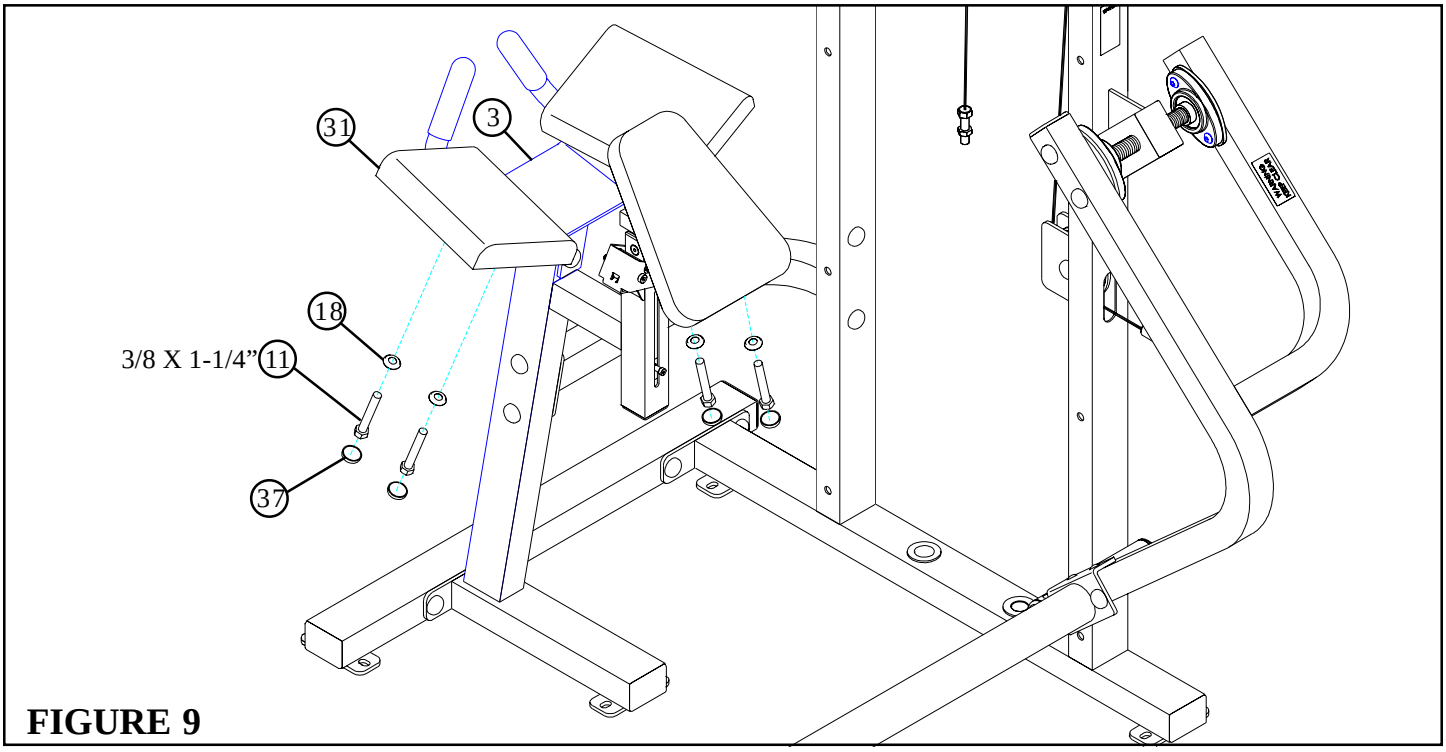


FIGURE 9

STEP 9:

- **SECURELY** assemble the ARM PADS (31) to the HANDLE (3) using four RH CAPS (37), four 3/8 X 1-1/4” BOLTS (11) and four 3/8” RH WASHERS (18) as shown in FIGURE 9.

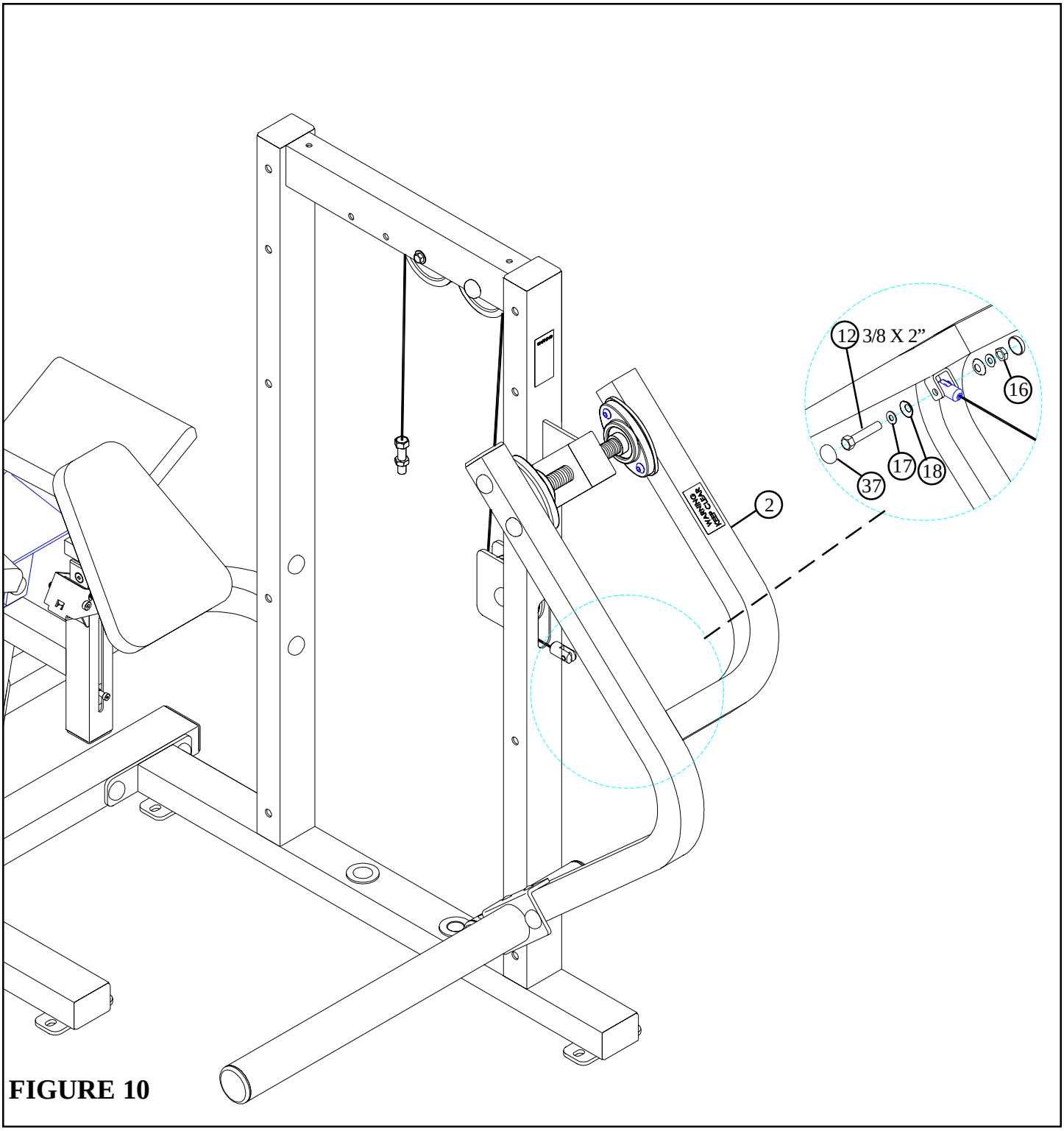


FIGURE 10

STEP 10:

- **SECURELY** assemble the swivel end of the CABLE to the PIVOT ARM (2) using one 3/8 X 2” BOLT (12), two RH CAPS (37), two 3/8” RH WASHERS (18), two 3/8” SAE WASHERS (17) and one 3/8” LOW HEIGHT LOCK NUT (16). **(NOTE: SECURELY tighten, then back nut off 1/4 turn)**

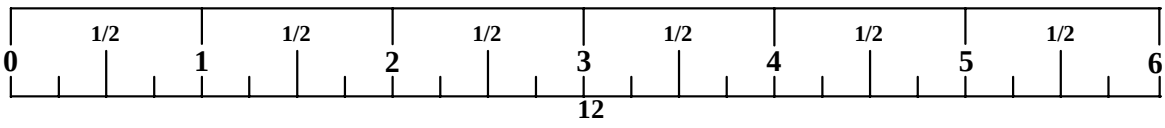
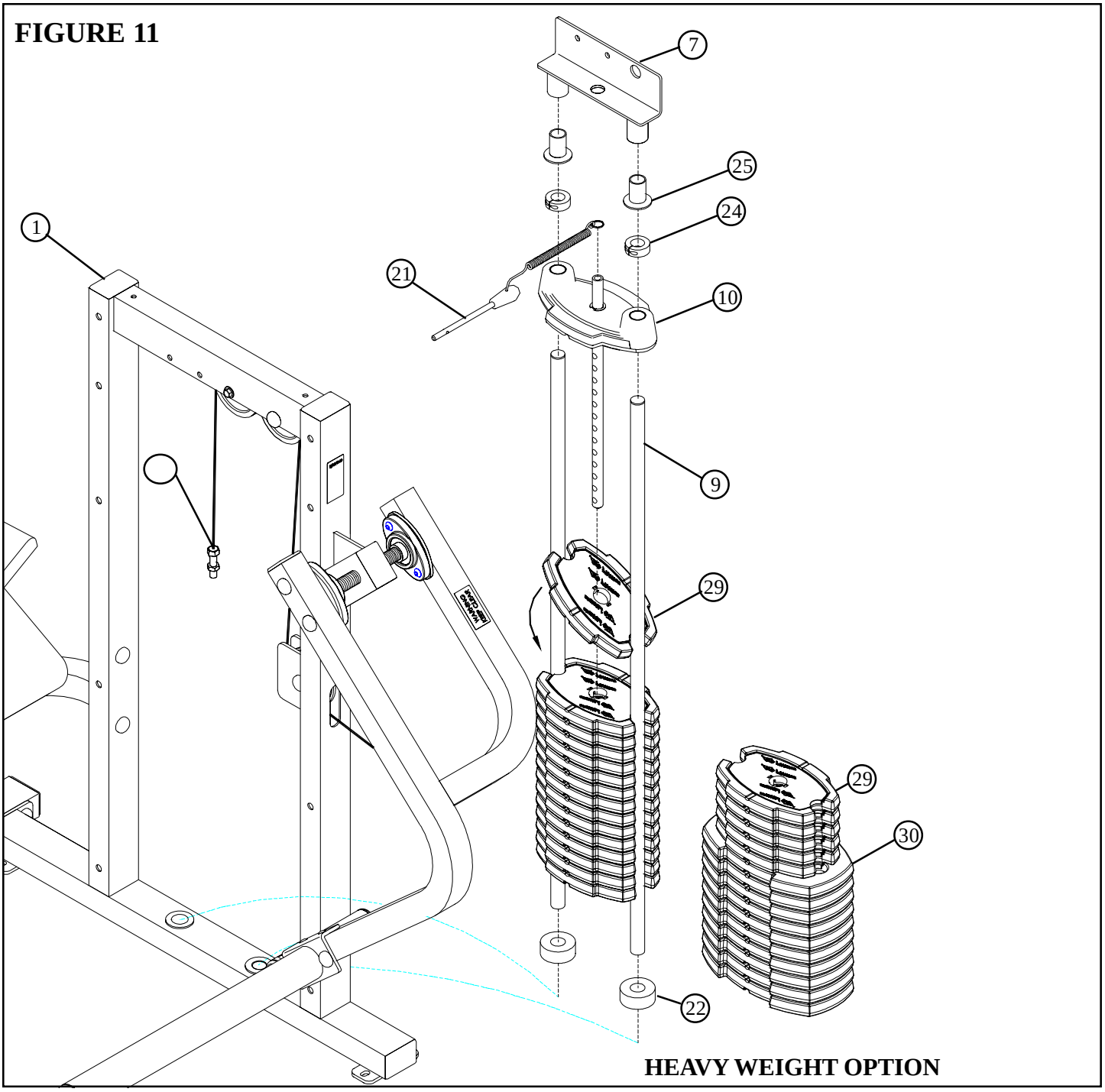


FIGURE 11

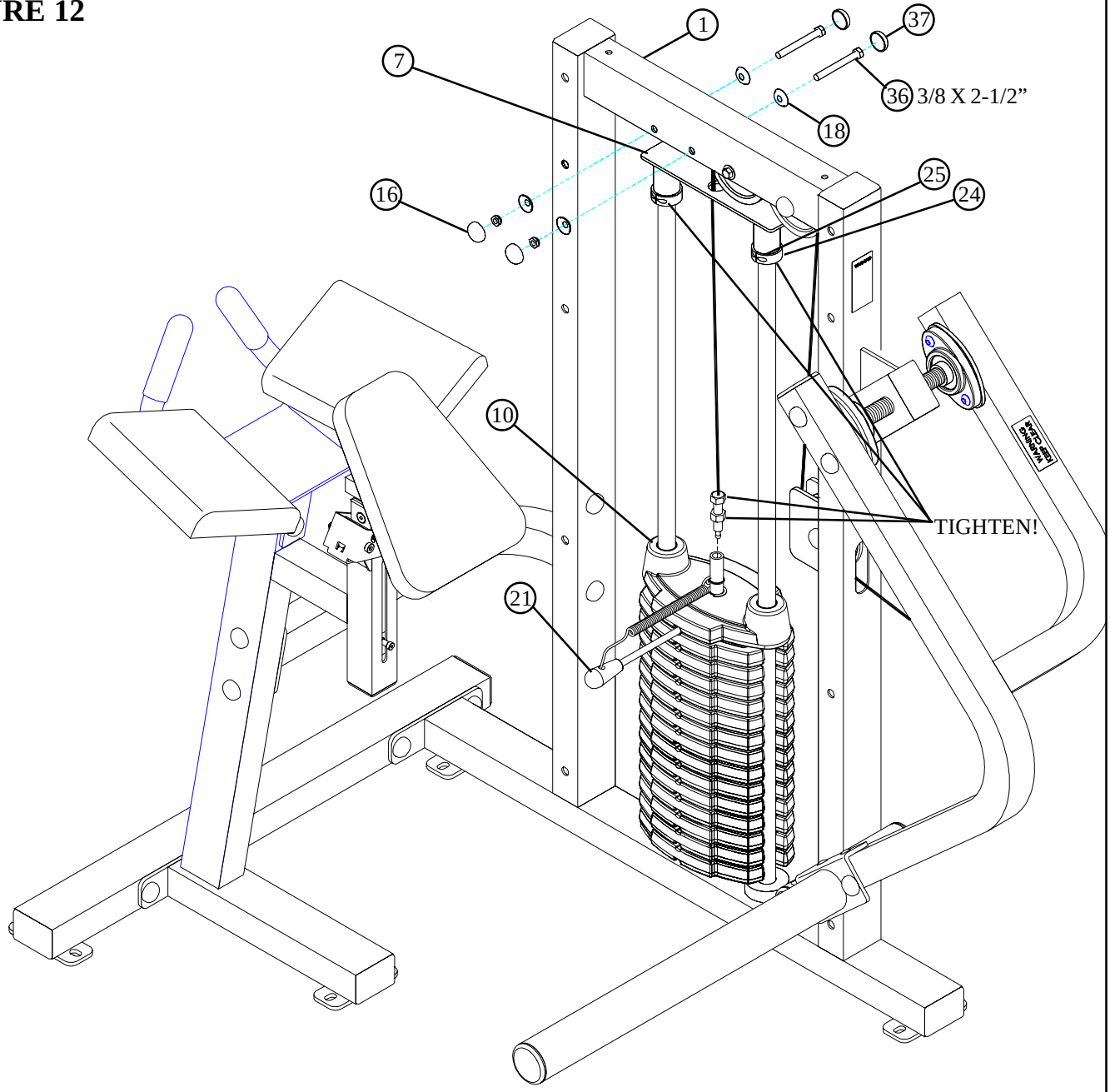


HEAVY WEIGHT OPTION

STEP 11:

- Insert the two GUIDE RODS (9) (found in the SHROUD KIT box) into the base of the TOWER (1) as shown in FIGURE 11. Lubricate the GUIDE RODS (9) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (22) down over the GUIDE RODS (9). See FIGURE 11.
- Using **EXTREME CARE** place fifteen 10 LB. WEIGHT PLATES (29) over the GUIDE RODS (9) as shown in FIGURE 11.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (30) over the GUIDE RODS (9) first, then slide five 10 LB. WEIGHT PLATES (29) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (10) down over the GUIDE RODS (9) onto the weight stack as shown in FIGURE 11.
- Slide one WEIGHT STACK SELECTOR PIN (21) over the shaft on the HEAD PLATE (10) as shown in FIGURE 11.
- Slide two 1" SHAFT COLLARS (24) over each GUIDE ROD (9) as shown in FIGURE 11.
- Slide two GUIDE ROD BUSHINGS (25) over each GUIDE ROD (9).
- Place the GUIDE ROD SUPPORT (7) over the GUIDE RODS (9) as shown in FIGURE 11.

FIGURE 12



STEP 12:

- **SECURELY** assemble the GUIDE ROD SUPPORT (7) to the TOWER (1) using four RH CAPS (37), two 3/8 X 2-1/2” BOLTS (36), four 3/8” RH WASHERS (18) and two 3/8” LOW HEIGHT LOCK NUTS (16) as shown in FIGURE 12. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (7) before tightening.)**
- Slide GUIDE ROD BUSHINGS (25) into the tubes on the GUIDE ROD SUPPORT (7), slide 1” SHAFT COLLARS (24) underneath the GUIDE ROD BUSHINGS (25) and **SECURELY** tighten the set screws.
- Screw the treaded end of the CABLE half way into the end of the shaft on the HEAD PLATE (10) and tighten jam nut securely. See FIGURE 12.
- Insert the WEIGHT STACK PIN (21) into the WEIGHT STACK as shown in FIGURE 12.

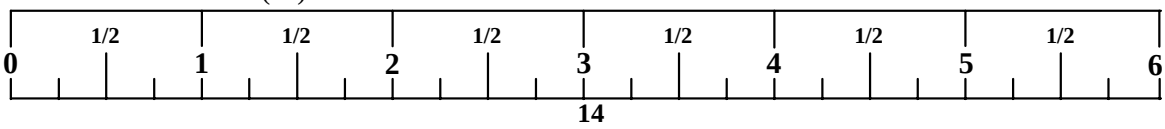
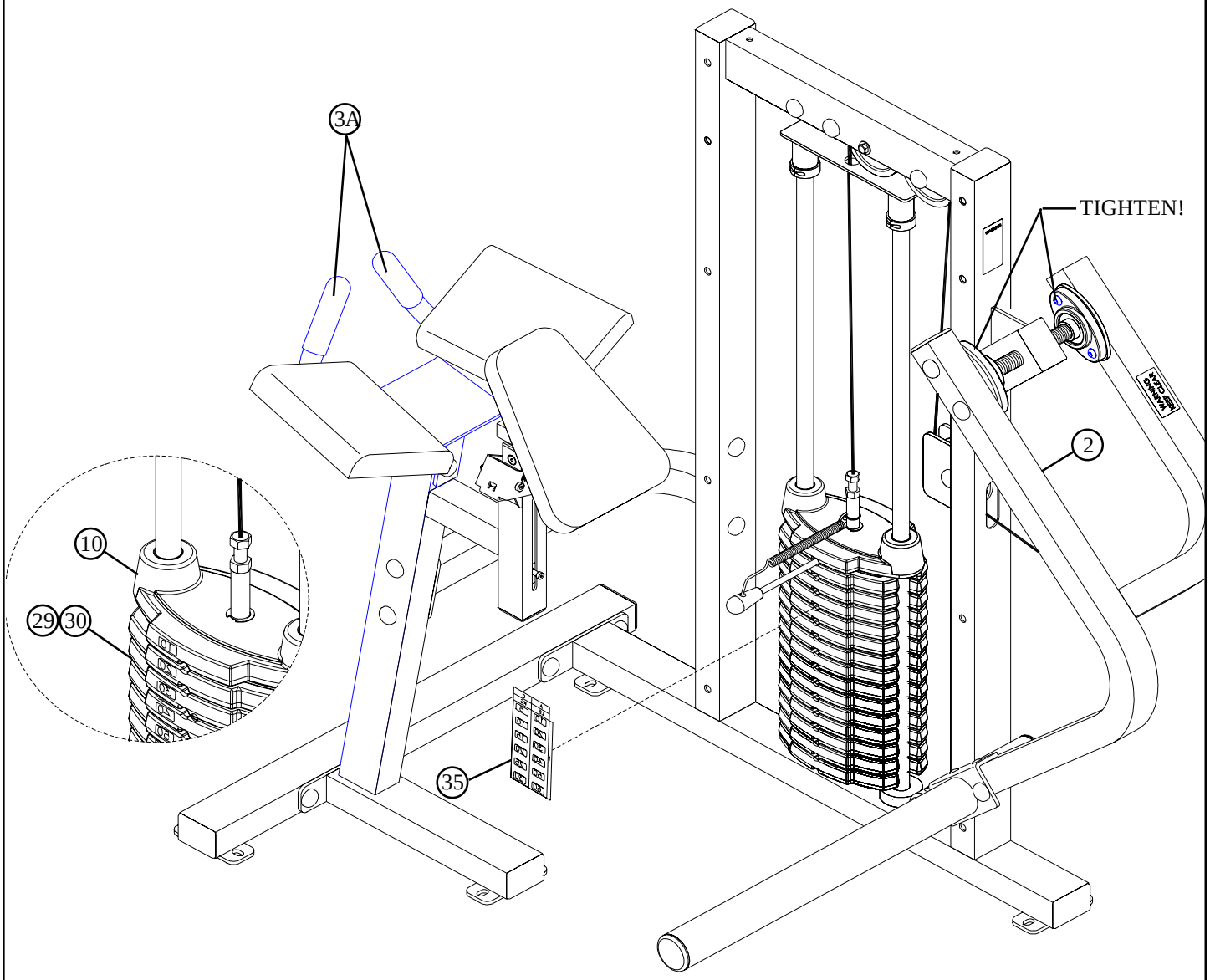


FIGURE 13



STEP 13:

- The WEIGHT STACK LABELS (35) includes labels for the lbs. and kgs., for both the standard and optional stacks.
- Peel the backing off the WEIGHT STACK LABELS (35), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (29 or 30), starting with the HEAD PLATE (10) as shown in FIGURE 13.
- **NOTE:** Adjust PIVOT ARM (2) so that the CABLE tracks properly then tighten the PILLOW BLOCK set screws.

REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS

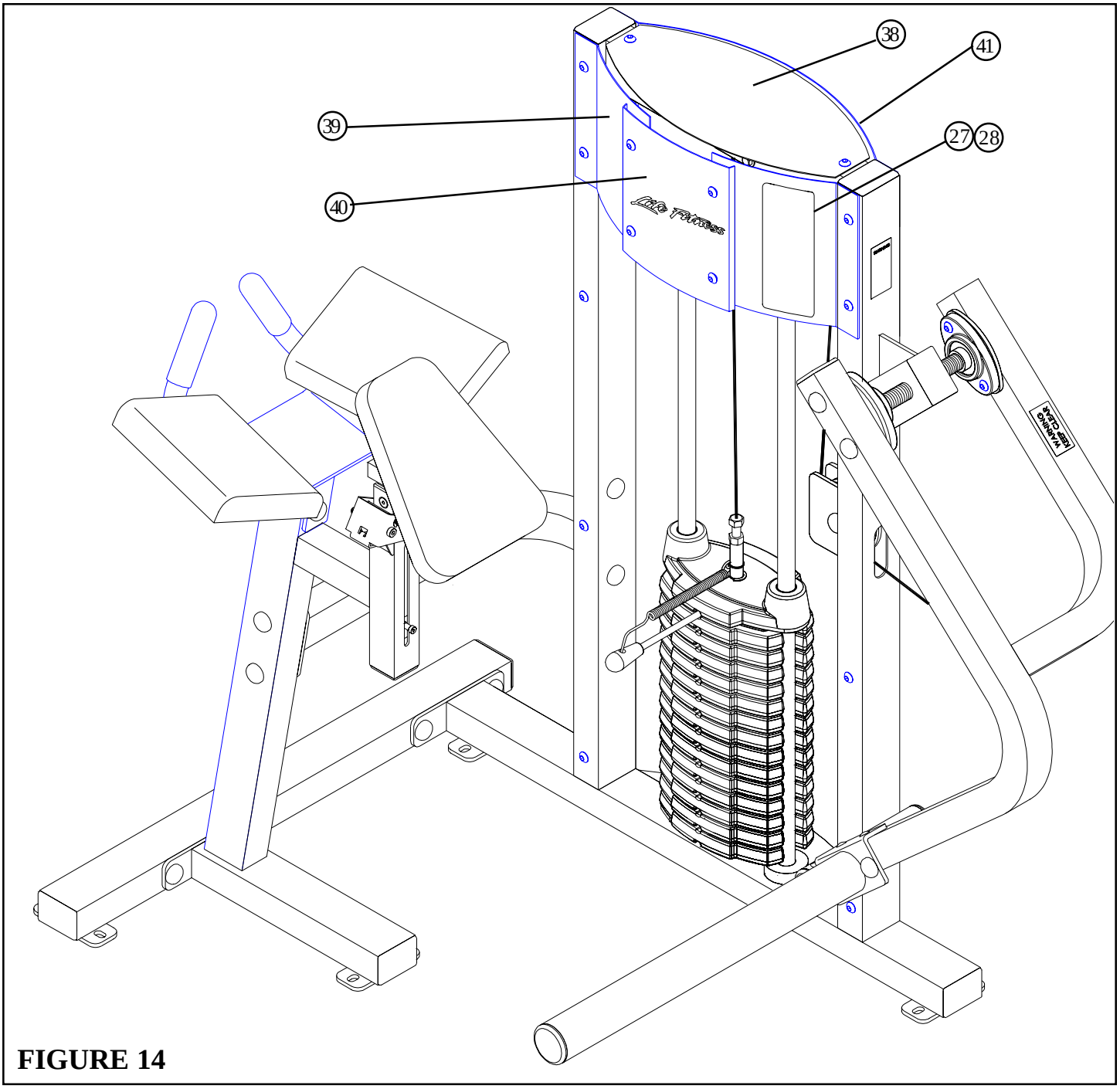


FIGURE 14

STEP 14:

- Assemble the PLACARD LABEL (27) or the LANGUAGE ADDENDUM PLACARD LABEL (28) to the FRONT SHROUD as shown in FIGURE 14.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES GLUTE MACHINE. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.